

**WHAT IS CLAIMED IS:**

1. A hand exerciser comprising:

a loop having a smooth outer periphery;

5 a plurality of rings each having a hole defined therethrough and the loop  
extending through the hole of each ring so that the rings are rotatable relative to the  
loop.

2. The hand exerciser as claimed in claim 1, wherein an inner diameter of  
the hole of each ring is 1.5 times of an outer diameter of the loop

3. The hand exerciser as claimed in claim 1, wherein the hole is  
10 eccentrically defined through each of the rings.

4. The hand exerciser as claimed in claim 1, wherein at least one of the  
rings has a polygonal outer periphery.